

## Child Care Health Consultation Lesson Plan

**Contractor Name:** CCHC Program

**Date Submitted:** May 29, 2015

☐ **Children's Health Promotion**

**Adult Training on  
Content Area V:  
Health and Safety**

### Health and Safety Standards

### Training Levels

☐ Promoting Risk Management Practices

☐ 1   ☒ 2   ☐ 3   ☐ 4   ☐ 5

☐ Protecting Children and Youth

**Source:**

Core Competencies for Early  
Childhood and Youth Development  
Professionals  
(Kansas and Missouri), 2011

**Select one  
standard and one  
level**

☒ Promoting Physical Health

☐ Promoting Mental Health

☐ Promoting Healthy Eating

**Title:** 12345 FitTastic Overview – Framework for Healthy Lifestyle Initiatives

**Training Goal:** Child care providers will discover a healthy lifestyle initiative framework to help them promote better physical health in their child care environments and how their implementation of the framework may fit with initiatives in their communities.

### **Learning Objective(s): Participants will**

- Distinguish between a “program” and a “framework” for healthier living
- Acquire the six messages that encourage healthier lifestyles and discover how to implement them in their child care environments
- Find where to get more resources for joining local healthy lifestyle initiatives in their community

### Topical Outline of Content

### Training Method(s)

### Time (in minutes)

NOTE TO TRAINER: All supporting training documents (activities, quizzes, powerpoint slides, handouts), & evaluations can be accessed and downloaded at: <http://fittastic.org>

Introduction- Review the Learning Objectives

Intro

5 min

**Objective 1:** History, Vision, & Mission of 12345 FitTastic Framework

Discussion

10 min

**Objective 2:** Six strategies/messages behind the Framework

Lecture/discussion;  
handout

15 min

**Objective 3:** Elements of “MAPPS” for change; Why this is an important issue

Lecture/discussion;  
handout

10 min

**Objective 4:**  
5 consistent messages developed by expert guidelines; Assessment, planning, and policy changes; Strategies for success

Group activity;  
discussion

10 min  
5 min

Q & A, evaluations

5 min

**Total training time:** 1.0 clock hours

1 hour

**Methods of outcome evaluation:** Participation in group activities, Q & A, evaluation

### FOR MISSOURI DEPARTMENT OF HEALTH & SENIOR SERVICES USE ONLY

**Date Approved:**  
May 29, 2015

**Authorized Approval Signature:**



**Date Expires:**  
May, 2018